

MRS WILSON'S SUGGESTIONS FOR VARIATIONS OF MENU

Canape, Cocktail, Bouillon or
an Entree Make a Welcome
Change—Ideas for Each
Day in Week

By MRS. M. A. WILSON
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HOW often have you known that it
is time to prepare another meal
and you are at your wits' end, and
you are to know just what to serve?
This getting into a rut has its effects
upon the family. This is particularly
true if the housewife dislikes cooking.
Planning the weekly menu may help
a little bit, but if the housewife plans
a little bit, the thought in mind of just
meat, potatoes, bread and butter with
tea or coffee for variety in beverages,
the family derives very little actual
benefit from this monotonous diet, and
when this is the case, insufficient
amounts of food are eaten and the
balance of the daily diet is impaired.
This is very true of persons who are
indoor workers.

It is a trite but true fact that
variety is the spice of life, and if the
housewife is willing to prepare the
little dainties that go such a long way
in turning a frowny meal into a mini-
ature banquet, she has at the tip of her
fingers the true secret of economical
living.

A canape, a cocktail, bouillon, an ap-
petizer or a Bohemian, Italian or Paris-
ian relish can usually be made from
the most inexpensive materials and left
over. In order to plan a definite
method of working out this idea, ar-
range the days of the week as follows:
Sunday, cocktail; fruit, vegetable, fish,
casserole, cream or crab. Monday, canape;
casserole, cream or crab. Tuesday, bouillon;
casserole, cream or crab. Wednesday, ap-
petizer or a Bohemian, Italian or Paris-
ian relish. Thursday, Bohemian relish.
This can be made as follows:

Two cups of finely chopped cabbage.
One cup of beet, pared and chopped fine.
One raw carrot, pared and chopped
fine.
Two-thirds cup of sour cream salad
dressing.
One-half teaspoon of mustard.
One and one-quarter teaspoons of salt.
One teaspoon of paprika.
Toss gently to mix.

Friday, Italian relish: open and
drain a box of sardines and lay two
sardines on a slice of toast. Garnish
with finely chopped pimientos and pars-
ley.
Saturday, hors d'oeuvres or Parisian
relishes. These can be made from the
leftover meat, fish, vegetable, and they
must be served on toast, crisp let-
tuce.

Getting into a rut in planning these
dainty pickers is quite easy. The only
thing to do is to make a list of variety,
reverse the order and at some time have
part of one variety and then part of
another, combining two or more varie-
ties.

Now that the southern fruits are
coming into the markets, in plentiful
profusion, they will be more reason-
ably priced and they will afford another
item for the menu.

When meat becomes tiresome try
some of these recipes:

Canadian Cheese Fritters

Place in a saucepan.
One and one-half cups of milk.
Bring to a boil and then add:
Two cups of stale bread crumbs.
Three-quarters cup of grated cheese.
One tablespoon of grated onion.
One teaspoon of salt.
One teaspoon of paprika.
Beat hard to mix thoroughly and then
add until very thick. Turn out on a plate
and chill. Mold into oblongs and then
roll in flour, then dip in beaten eggs
and roll in fine crumbs. Fry until
golden brown in hot fat. Serve either
with tomato or cream sauce.

Eggplant and Oyster Croquettes

Place a small eggplant and then cut
it in pieces. Cook in boiling water until
tender and then drain on a colander to
drain. Press hard and then chop fine.
Turn into a mixing bowl and add one
egg, oysters, parboiled in their own
liquid and then drain and cut into small
pieces.
One tablespoon of grated onion.
Three tablespoons of finely minced
parsley.
Two teaspoons of salt.
One teaspoon of paprika.
One cup of fine bread crumbs.
Mix and then form into croquettes
and roll in flour. Dip in beaten egg
and then roll in fine crumbs and fry
until golden brown in hot fat. Serve
with cream sauce and garnish with pars-
ley.

Rice and Cheese Croquettes

Wash one-quarter cup of rice in
plenty of water and then place in a
saucepan and add one and one-quarter
cups of boiling water. Cook until soft
and the water absorbed and then turn
into a mixing bowl to cool. Now mince
the three strips of bacon and place
bacon in a frying pan and add one
onion, chopped fine. Cook slowly until
the onions are soft and then add:
One-half cup of grated cheese.
The rice.
One and one-half teaspoons of salt.
One-half teaspoon of white pepper.
Four tablespoons of finely minced
parsley.
One-eighth teaspoon of mustard.
Toss and heat just enough to blend
the cheese. Turn on a platter to cool
and then form into croquettes. Roll in
flour, then dip in beaten egg and roll
in fine crumbs. Fry until golden brown
in hot fat. Serve with tartar or to-
mato sauce.

To prepare the egg for dipping the
croquettes: break one egg into a bowl
and then add six tablespoons of the top
of the milk or use evaporated milk and
then beat to mix.

Did you know that you can get a
pair of boards shaped exactly like your
feet? When you want to tell them
you just button them over the boards
and their handling becomes ever so
easy. And then, if you want
afterward will keep them in shape and
will prevent their shrinking. Isn't that
a good idea? The price is seventy-five
cents per pair.

The names of above address Woman's
Shop Editor at 1230 Walnut Street.

The Glad Surrender

By HAZEL DEYO BATCHELOR
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Laurel Stone, a newspaper woman,
married Granville Burton, a wealthy
financier. They met through an in-
terview. Laurel had with her the
Chronicle. Burton had been married
before. He wanted a wife who
would mother his two children.
Laurel dreamed of a mate, a king
who would love her as she loved him.
After their son was born, Laurel's
attitude toward her husband changed,
and her indifference piqued him.

CHAPTER XXXII

LAUREL met Granville in the din-
ing room the next morning as though
nothing had happened. Her eyes were
as clear as a child's, and his manner
toward her was as faultlessly correct as
it had always been. In her short skirt
and pale-blue sweater she looked ab-
solutely young. The sun came in through
the open French windows and dropped
sparks of gold on her hair, and her slim
fingers wandering about from the fragile
coffee cups to the huge silver pot and
from the low eider sugar bowl and
cream pitcher to the rack of toast
seemed briskly efficient.

The children always ate breakfast
with Miss Burke, and afterward
gathered in the nursery to see Junior
bathed. Laurel always did take her-
self; she loved doing it; she had made
it one of the personal things that crowd
a woman's life when she is a mother.

Laurel finished his second cup of
coffee and rose from the table. He
glanced out at the dazzling sun-sprinkled
lawn and remarked that it was going
to be very hot.

"What are you going to do today?"
he asked, coming around to her side of
the table. She rose and moved a little
away from him.

"I'm going to drive into the city,"
she returned. "I have some things to
help her select some things for her
bungalow."

"It's going to be hot in the city to-
day," Laurel laughed. "But I'm not made
of sugar, you know."
"Oh, I'd like to, but I simply couldn't
get ready," she said.

She laughed lightly. "Oh, but you
mustn't do that! Why, I shan't be
ready till 11 or after. I must attend
to these things or more! Her heart was beat-
ing fast.

Well, good-by. He came over to
where she stood by the window, and
she turned her cheek to him as usual.
There must be no difference in
her attitude because of last night; every-
thing depended upon her behaving as
usual.

He stooped and touched his lips to
her cheek just beneath one blue eye and
without a word, left her. She felt sud-
denly wildly happy and she ran up the
stairs like a little girl. In the midst
of bathing Junior, she was summoned
to the telephone and intrusting the
baby to Dulcie's eager arms, she went
to answer it.

It was Granville calling from the
office.

"I thought if you and Winona did
not have any plans for lunch, I might
meet you somewhere," he explained.

"Oh, I'm sorry, Gran, but we have,"
she returned. "But it was planning
to take them to lunch, and perhaps Tom
Benton if he could get away.

She hung up the receiver, wishing with
all her heart that she were going into
the city to meet Granville, but con-
scious, nevertheless, that things were
better as they were. In the big cool
nursery, Junior was lying in his crib,
pink-dimpled feet kicking in the air,
and Dulcie and Grace hanging over the
edge looking adoringly at their baby
brother.

"Nurse finished him," said Dulcie.
"And I talcuned him, mother," said
Grace.

Laurel kissed them both, gave some
instructions to the nurse, a middle-aged
capable woman, and hurried off to
dress.

She met Winona at 12 o'clock and they
went into a dining room, "a city
editor would never get away for a mere
luncheon unless he had a particular ax
to grind. We have you to thank for
this," Laurel said.

They were seated at a cool table near
a window, and Laurel drew off her long
hot gloves. She pushed up the waves
of ruddy hair under her white hat and
looked around. The first glance that
she encountered was Granville's. He
sat at the next table with two other
men.

(Tomorrow—Granville meets Tom
Benton.)



Vanity Fair Studio, Allen Drews Cook
MISS MARGARET NEWLIN.

daughter of Mr. and Mrs. Richard
Newlin, of Whitford, Pa., in a
fancy costume worn at Mrs. Charles
Stewart Wurt's dancing class

The Woman's Exchange

To Remove Rain Spots

To the Editor of Woman's Page:
Dear Madam—I have a pink (bright)
satin skirt and coming home the other
night it had snowed, then rained and
around the bottom of my skirt was wet
from this slush. I have some difficulty
in buying it, as none of the departments
seem to carry it.

J. S. S.
Have you tried the millinery depart-
ment of the large department stores?
I have found this colored raffia at two
of these stores. One sells it by the yard
and the other by the bunch. I am sure
you can find it if you go to the large
stores.

Kittens?

To the Editor of Woman's Page:
Dear Madam—Will you kindly tell
me where I am able to buy colored
ruffia which is used so extensively in
trimming hats? I have some difficulty
in buying it, as none of the departments
seem to carry it.

J. S. S.
Have you tried the millinery depart-
ment of the large department stores?
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you can find it if you go to the large
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Kittens?

To the Editor of Woman's Page:
Dear Madam—Will you please print
this in the "Woman's Exchange." We
have two healthy kittens—one male
Maltese and white and one female
Maltese. They were six weeks old Feb-
ruary 28.

We want to find good homes for them.

A. B. H.
The editor of the Woman's Page has
"A. B. H." address and will forward
to her any letters that come to the paper
asking for these pretty kittens.

Coat for Spring

To the Editor of Woman's Page:
Dear Madam—As I am a daily reader
of your paper, I am coming for the first
time for advice. I am going to get a new
spring coat and hat. Would like to
know what color or style you would
suggest for a girl five feet tall, dark
brown hair and gray eyes. What is the
most popular color for coats this spring?

M. I.
One of the most popular coats for
spring is a tan or cream-colored polo
coat, trimmed with narrow bands of
leather. Of course, there are coats of
all colors and descriptions and it really
depends upon what color is most be-
coming to you and what you want to
use the coat for. If you want it for
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THAT DISCOURAGEMENT WHICH IS BOUND TO COME

To All of Us at Some Time
or Other, but Somebody Al-
ways Helps Us Through

By CYNTHIA

MARY was having a bad "slump."
She didn't seem to be able to do
her work as she wanted to. Somebody
or something had taken all the "pep"
out of life, and had let her down flat
with no rebound. She was not unhappy
and she was perfectly well, but she was
just dissatisfied and worried. She
seemed to be losing her grip. And then
somebody came along and spoke to her.
"You like your work, don't you, Miss
Jones?" this kindly person remarked.
"You have been doing very well lately.
Keep it up!"

The sun came out again and brought
Mary's strength back with it. Doing
well! When she thought she had been
almost worthy of dismissal. She went
back to work, cheered, encouraged and
filled with enthusiasm.

It always happens. It is just as in-
evitable as the bump somebody always
gives you if you let yourself get con-
fused. There are bound to be times,
especially in March and April, with the
littleness of spring entering silently
and without warning, when you will
be thoroughly discouraged with yourself,
the way you do your work, the way
you look, the condition of your clothes
and the love of your friends. You'll
drag about, push yourself at your tasks
to get through with them somehow and
forget about the mistakes that you're
sure you must have made, just as
quickly as possible. But just as you
are about to resign, or rebel, or give up
all hope, one of those uninvited souls
comes along with a little praise.

"You're looking very well today,"
perhaps the remark will be. "Do you
mean to tell me that you made that hat
yourself? It's a good-looking one as any
I've seen in the stores!"

Oh, couldn't you give that person
your pet bracelet for that simple speech?
Don't you feel as if you want to keep
watching her and then catch her in a
terrible gloom some day, and give her
a \$10 bill, or something to cheer her up?
And don't you go walking back to that
loathed and detested duty or personality
or wardrobe, feeling as if you were an
entirely different person?

Well, I guess I'm not so awfully
bad, after all," you say to yourself.
The energy of success begins to over-
flow in new interest. "If I can get
compliments when I'm not at my best—
oh, isn't it a nice world to live in!"

WE SCORN people who are always
looking for compliments, and we
pride ourselves on being able to get along
without "soft soap." But we can't.
We all need a certain amount of praise
as fuel for our spirits. We have to be
"primed," occasionally just like any
other kind of engine. And fortunately
we always are. No matter how far
down we get, depression how dis-
couraged, we keep on going, our
plodding will win its reward before we
are played out entirely. And we come
back to life astonishingly fast, too.

So, if you feel as if you were just
about as much worth while as the piece
of paper that you just threw into the
waste basket, just keep plugging away
at that tiresome thing that worries you.
The result of your labor may be pitiful
in your eyes, but if you are sincere
in trying to make them right somebody
somewhere will see the good in them and
tell you about it. And after that you'll
be so full of vigor and happiness that
you'll be positively tireless.

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Chestnut Street on 12th
Street simply to see the

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FLOWERS

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you come in. Please don't
feel obliged to purchase.

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and for all occasions.

Furs Waists Topcoats
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